

# Blood Sugar Log Booklet



Keep track of your blood sugar results each day.



Use your blood sugar results to make lifestyle changes.



Share your blood sugar results with your providers so they can make changes to your medicines.

	Date	Medicine/ Insulin	Home Blood Glucose				Tests Results				Ketone Test Results	Notes (Meals and snacks, exercise, illness, stress or other significant events)
			Breakfast		Lunch		Dinner		Bedtime			
M O N			Before	After	Before	After	Before	After	Before			
			Time									
			mg/dL									
T U E			Before	After	Before	After	Before	After	Before			
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W E D			Before	After	Before	After	Before	After	Before			
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T H U			Before	After	Before	After	Before	After	Before			
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F R I			Before	After	Before	After	Before	After	Before			
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S A T			Before	After	Before	After	Before	After	Before			
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			mg/dL									



## **Additional Resources:**

### **American Diabetes Association**

1-800-342-2383

[www.diabetes.org](http://www.diabetes.org)

### **American Dietetic Association**

1-800-877-1600

[www.eatright.org](http://www.eatright.org)

### **American Association of Diabetes Educators**

Find a Diabetes Educator in your area: 1-800-338-3633

[www.diabeteseducator.org/DiabetesEducation/Find.html](http://www.diabeteseducator.org/DiabetesEducation/Find.html)

### **American Heart Association**

(414) 271-9999

[www.americanheart.org](http://www.americanheart.org)

### **American Podiatric Medical Association**

1-800-366-8227

[www.apma.org](http://www.apma.org)

### **National Kidney Foundation of Wisconsin**

1-800-543-6393

[www.kidneywi.org](http://www.kidneywi.org)

### **National Diabetes Information Clearinghouse (NDIC)**

1-800-860-8747

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

### **National Diabetes Education Program (NDEP)**

1-888-693-6337

[www.ndep.nih.gov](http://www.ndep.nih.gov)

### **Wisconsin Department of Health Services**

#### **Diabetes Prevention and Control Program (DPCP)**

[www.dhs.wisconsin.gov/health/diabetes](http://www.dhs.wisconsin.gov/health/diabetes)

### **Wisconsin Department of Natural Resources (DNR)**

1-888-936-7463

[www.dnr.wi.gov/org/aw/wm/medinf/sharps.htm](http://www.dnr.wi.gov/org/aw/wm/medinf/sharps.htm)

### **Wisconsin Tobacco Quit Line**

1-800-784-8669 or 1-800-QUITNOW

[www.ctri.wisc.edu/quitline.html](http://www.ctri.wisc.edu/quitline.html)



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Wisconsin Diabetes Prevention and Control Program  
Wisconsin Diabetes Advisory Group and other partners  
Division of Public Health  
Wisconsin Department of Health Services  
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